

Abstract

Title:

The issues of diagnosing young pupils in football

Objective:

The aim of the thesis is to find out the improvement or disimprovement of fitness and technical skills during the preparative period in football and the comparison of these results with common population and with other sportsmen at the age from 11 to 12.

Method:

The tested group were 19 players at the age from 11 to 12 (year of birth 2002) who play the pupil's league. This group came through a 3 - month training course in the preparative period. The players submitted the entry tests, the training course and afterwards they were tested with final tests that were equal to the entry tests.

Results:

The results part contains a concrete evaluation and comparison with the results by other authors concerning with similar issues. The final results are drawn up in charts, graphically depicted and evaluated.

Conclusion:

The diagnosing of fitness abilities and technical skills is an important part of the training process because it offers the coach a feedback from the players. The coach can focus on the professional growth of individual players and can get to know which areas in the training process should be improved.

Key words:

Football, young pupils, biological age, fitness abilities, coordination skills, technical skills, fitness training, motor tests.